

Caring for Coronary Artery Disease

Aetna Healthy
Outlook Program®



Resources and support to help you live with Coronary Artery Disease

Living with coronary artery disease (CAD) can be difficult, but with Aetna's* **Caring for Coronary Artery Disease** program, you don't have to fight this disease alone. The warning signs of CAD include shortness of breath and chest pains. However, in many cases, symptoms of coronary artery disease are not apparent until a heart attack strikes.

That's why it is important to stop the progression of this disease as early as possible, something you may be able to accomplish with steps as simple as quitting smoking, daily exercise and following a doctor-directed diet. When you participate in our CAD program, we can help you acquire the skills and knowledge you can use to help control and reduce your symptoms.

Coronary artery disease is caused by the long-term effects of plaque building up in your coronary arteries. As plaque lodges against the artery wall, it restricts the flow of blood to the heart. A heart attack occurs when the blood flow is completely blocked, usually from a blood clot wedged in the narrowed artery.

Aetna's **Caring for Coronary Artery Disease** program offers educational materials on subjects ranging from the importance of lifestyle changes to the proper use of medical equipment and medication that can help control your symptoms. When you understand how CAD affects your body and educate yourself on the underlying factors of your condition, you will be in a better position to prevent and avoid the situations and habits that weaken your heart.

How We Can Help... Tools To Care for Your Coronary Artery Disease

If you choose to participate in the program, you will have access to a 24/7 disease management phone line and Aetna's online educational resources. If you suffer from severe symptoms of coronary artery disease, you may receive annual health reviews, in-depth training on living with CAD and regular contact from a disease management nurse. Our disease management nurses are there to make sure your wellness plan remains on track.

The following are some of the specific benefits that may be available to you as a participant in our **Caring for Coronary Artery Disease** program, depending upon your condition and needs:

- Educational counseling, covering some or all of the following:
 - > Role of dietary salt and fluid restriction
 - > Importance of smoking cessation
 - > The connection between CAD and your dental health
 - > Importance of daily vital sign monitoring and communication with your physician
 - > Importance of daily weight measurement and your response to increases in weight
 - > Medication compliance
 - > Information on managing depression, often a side effect of chronic illness
- Medication listings and updates
- Biannual newsletter that focuses on CAD
- Physician alerts, informing your physician of irregularities

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Caring for CAD

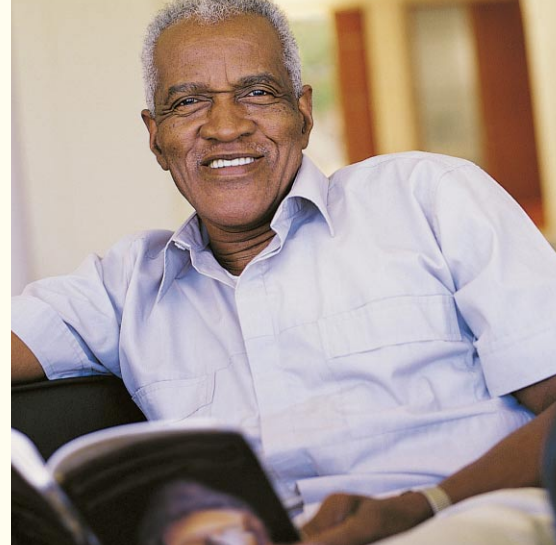
When you need up-to-date information about your health plan or want additional information about your condition, you can visit:

- Our **Aetna Navigator™** member self-service website, which provides you with a *single source* for online health and benefits information.
- Our award-winning and interactive **Aetna IntelliHealth®** consumer website, for credible health, dental and wellness information provided by Harvard Medical School and the University of Pennsylvania School of Dental Medicine.

Talk to Your Doctor

Communicating with your doctor is essential if you want to successfully manage the treatment of your coronary artery disease.

We encourage you to work closely with your doctor and to remain personally involved in your care. By understanding the proper use of your medications, you can reduce and even avoid the serious long-term effects of coronary artery disease. To assist with this, we may alert your doctor if you show signs or symptoms that your condition is worsening, so that he or she can help you prevent disease-related complications.



Let Aetna's Caring for Coronary Artery Disease program help you live with coronary artery disease.

For more information, talk to your employer or visit our website at: www.aetna.com

If you need this material translated into another language, please call Member Services at 1-800-323-9930. Si usted necesita este documento en otro idioma, por favor llame a Servicios al Miembro al 1-800-323-9930.

For the Commonwealth of Virginia, one or more of the following policy numbers may apply: GR-67603-5; GR-9; GR-29; GR-27; GR-7; GR-89296; GR-89297; GR-700-W; GR-70-W; GR-96124; GR-96125; HMO/VA COC-1 07/99; CHI/VA SBQNET-1 01/00; HMO/VA SELFREF (10/00); HMO/VA AMEND-URGENT-1 07/01; HMO/VA SUPSVSEND-4 01/02; HMO/VA GA-1 01/02; CHI/VA GP-1 04/02; HMO/VA COC-AMEND-3 07/02; HMO/VA NAMEAMEND-1 05/02; HMO/VA Amendment to GA ELR-1 05/02; HMO/VA SB-1 10/02; CHI/VA INSCF-1-[A-K] (10/01) and/or CHI/VA SBQPOS-1 10/01.

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